Classroom Strategies: Creating Safe Classrooms to Promote Healing

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Classroom Strategies: Creating Classrooms to Promote Healing

- Multitude of teaching strategies effective in educating diverse student learners.
 - Racially, ethnically, culturally, and linguistically diverse families and communities of lower socioeconomic status.
- Program planning should take into account underlying skills, competencies, and attitudes that improve basic psychosocial functioning across a range of life domains.
 - Individual and community needs, family dynamics
- Effective programming that supports mental health, development of coping strategies, and increased protective factors
 - Empowerment resources and strategies can minimize risk of problematic behavior and increase capacity to thrive.



1. Educating Diverse Students

In the classroom it is important to understand how we differ under the layers and how we respond differently to similar situations.

- Student-Centered Classrooms:
 - Utilize groups and offer collaborative activities in which students learn from one another.
- Students are encouraged and engaged in contributing to the lesson plan.
- Teacher-Centered Classrooms:
 - The teacher is always the center of class activities, the sole authority figure.
 - Sometimes, students don't (or better not even dare to) ask questions, as to do so would challenge the teacher's authority.
 - In these instances, educators need to take a step back to assess how their role and presence is being perceived.

1. Educating Diverse Students



Michael Bonner

- Children raised in poverty rarely choose to behave differently, but they are faced daily with overwhelming challenges that affluent children never have to confront.
 - · Emotional and Social Challenges
 - * Acute and Chronic Stressors
 - Cognitive Lags
 - · Health and Safety Issues



2. Building Programs Across Lifespan: Schools of the 21st Century

- Schools of the 21st Century is now offered in over 1,400 schools in a wide variety of communities across the United States.
- Core Components
 - School-based programs
 - Strong links between early childhood and schools
 - Strong parental support and involvement
 - Universal access
 - Focus on children's physical, social, emotional, and intellectual development
 - Strong staff training and development
 - Commitment to serving working families.

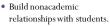


2. Building Programs Across Lifespan: Schools of the 21st Century

- The Virginia Department of Education offers 21st Century Community Learning Centers grants and technical assistance to awarded schools.
- The federal grant program supports community-based programs that
 provide tutoring, enrichment, and counseling during non-school hours—
 especially for low-income students and students who attend lowperforming schools.
- · Awarded grants of \$50,000 to \$200,000 a year for three years
- Priority given to schools who:
 - Partnered with a public or private community organization;
 - Serve students in schools that failed to meet state accountability standards
 - Serve students in middle or high schools
 - Serve students who attend schools with free and reduced-price lunch eligibility of 75 percent or greater.

2. Building Programs Across Lifespan: Schools of the 21st Century





- Support and facilitate participation in extracurricular activities.
- Offer Parent Engagement & Involvement Activities
 - Parent Education Workshops
 - Newsletters
 - with PTA



3. Empowerment & Mental Health Building

Grounding & Relaxation Skills

- Grounding is a set of simple strategies to self-regulate, manage stress or detach from emotional pain (e.g., drug cravings, self-harm impulses, anger, sadness)
- In grounding, you attain balance between the two: conscious of reality and able to tolerate it.
- Mental Grounding: Mental grounding helps focus your mind.
- Physical Grounding: Physical grounding means focusing on
- Soothing Grounding: Soothing grounding means talking to yourself in a very kind way.

3. Empowerment & Mental Health Building

- · Breathe slowly and deeply
- · Place your hand on your heart
- · Notice your breath and heart
- Positive Affirmations or Mantras
- Notice (count or identify) things around the room, such as the color of the floors,
- · Think of something funny
- Make yourself smile
- Flex your muscles

- Chewing gum
- Drink water
- · Body Scan/ Bio Feedback
- · Touchstone or totem (lucky rabbits foot)
- Stretch
- · Visualize calm places and favorite things
- Put on lotion/ hand massage
- · Massage pressure points
- · Eat chocolate or something delightful
- looking forward to



3. Empowerment & Mental Health Building

- Teach Mindfulness
- Journal Topics & Writing
- Problem Solving
- Integrate school wide awareness initiatives
 - Bullying Prevention
 - Character Education/Character Counts
 - Mental Health Awareness





3. Empowerment & Mental Health Building

- Bean Bags
- Cotton Balls
- Glitter Calming Jar
- Rubber Squeeze/ Stress balls
- Playdoh
- Timer
- Books
- Feelings Chart





3. Empowerment & Mental Health Building

Mental Health First Aid

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.





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- What are some strategies that you are currently utilizing?
 - · Educating Diverse Students
 - Building Programs Across a Lifespan
 - Empowering Students & Mental Health Building
- Can you identify where you can integrate some of these strategies with your children and youth, transitional age students, and families?



Contact

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